



A Course in Miracles Mentoring ©

DAY 39 – Self-Doubt & Inner Dialogue

Key Topics:

- You cannot know the answer
- Do not attempt to give the Holy Spirit what He does not ask
- One of my favorite lines in the Course
- Trust your willingness, even if it wobbles
- Your willingness requires even less than you think
- Your willingness combined with the power of God
- Seek not to answer, but merely to receive the answer as it is given
- You do not need to purify yourself first
- And that is all

You cannot know the answer

A Course in Miracles teaches that it is not up to you to establish your own plan or solve your problems. Your part is to be willing to follow the Holy Spirit, your Teacher of Peace, in everything you do. If you have been doubting yourself, you have good reason to do so. You cannot possibly know the right answer, the best course of action, or the optimal plan that will bring peace to everyone universally, yet there is One Who knows these answers and is eager to help at your request. I like to remind myself, not only that **I do not know the answer**, but **I cannot know the answer!** You don't need to have confidence in yourself. Your part is to have confidence in your Inner Guide that has every answer and will accomplish the healing on your behalf.

Do not attempt to give the Holy Spirit what He does not ask

Most people are so used to planning out every detail of their lives that pausing and listening for guidance from Higher Wisdom before any action or decision is made is quite unfamiliar, yet this is what you must do if you would like to have consistent, peaceful, and positive results.

In Chapter 18, it says, "It is not necessary that you do more; indeed, it is necessary that you realize that you cannot do more. Do not attempt to give the Holy Spirit what He does not ask, or you will add the ego to Him and confuse the two. He asks but little. It is He Who adds the greatness and the might. He joins with you to make the holy instant far greater than you can understand." ACIM Ch.18.IV.1.5-9

One of my favorite lines in the Course

You might want to memorize this line (below) for those moments when you are tempted to jump back in the game and start calling the shots, which is not a wise choice.

“It is your realization that you need do so little that enables Him to give so much.”

ACIM Ch.18.IV.1.5-10

Trust your willingness, even if it wobbles

The Course offers that your little willingness is very important in order for the Holy Spirit to handle things on your behalf. This is because Divine Love is loving, and love will never attack, invade, manipulate, or control you. Your willingness is essential for decision making and healing to be accomplished for you and on your behalf.

In Chapter 18, it says, “Trust not your good intentions. They are not enough. But **trust implicitly your willingness, whatever else may enter. Concentrate only on this, and be not disturbed that shadows surround it.** That is why you came. If you could come without them you would not need the holy instant. Come to it not in arrogance, assuming that you must achieve the state its coming brings with it. The miracle of the holy instant lies in your willingness to let it be what it is. And in your willingness for this lies also your acceptance of yourself as you were meant to be.” ACIM Ch.18.IV.2

Your willingness requires even less that you think

When the Course speaks of your willingness, it is not suggesting that you have no fear, worry, or doubt. It is asking that you be willing to have no fearful thoughts that you would keep. If you think about this, this is fairly simple to do. All you have to do is turn inward and let your Inner Guide know that you have no fearful thoughts that you are committed to keeping. You can do that now.

Your willingness combined with the power of God

For anything to be accomplished by the Holy Spirit on your behalf, it requires your willingness combined with the power of God (not your power). This is important to keep clear in your mind, or you are likely to assign yourself a function that you cannot possibly fulfill. Your part is willingness and then to not interfere with or resist the guidance you receive. This will get easier and easier to understand with your daily practice.

“The holy instant does not come from your little willingness alone. It is always the result of your small willingness combined with the unlimited power of God's Will. You have been wrong in thinking that it is needful to prepare yourself for Him. It is impossible to make arrogant preparations for holiness, and not believe that it is up to you to establish the conditions for peace. God has established them. They do not wait upon your willingness for what they are. Your willingness is needed only to make it possible to teach you what they are.

If you maintain you are unworthy of learning this, you are interfering with the lesson by believing that you must make the learner different. You did not make the learner, nor can you make him different. Would you first make a miracle yourself, and then expect one to be made *for you?*” ACIM Ch.18.IV.4

Seek not to answer, but merely to receive the answer as it is given

In any area where you are doubting yourself, remind yourself frequently that you are not the problem solver. Your part is to ask your Guide how to proceed, and then to receive the answer. It is very important that you do not confuse your role with the role of the Holy Spirit, or you will delay your experience of happiness, abundance, and peace.

“You merely ask the question. The answer is given. Seek not to answer, but merely to receive the answer as it is given. In preparing for the holy instant, do not attempt to make yourself holy to be ready to receive it. That is but to confuse your role with God's. Atonement cannot come to those who think that they must first atone, but only to those who offer it nothing more than simple willingness to make way for it.” ACIM Ch.18.IV.5.1-6

You do not need to purify yourself first

When you go to God, through the Holy Spirit, you do not need to purify yourself first, and you don't need to add anything to His Plan. Your part is to not create a plan that you would substitute for His.

“Purification is of God alone, and therefore for you. Rather than seek to prepare yourself for Him, try to think thus: I who am host to God am worthy of Him. He Who established His dwelling place in me created it as He would have it be. It is not needful that I make it ready for Him, but only that I do not interfere with His plan to restore to me my own awareness of my readiness, which is eternal. I need add nothing to His plan. But to receive it, I must be willing not to substitute my own in place of it.” ACIM Ch.18.IV.5

And that is all

“And that is all. Add more, and you will merely take away the little that is asked... Do not assume His function for Him. Give Him but what He asks, that you may learn how little is your part, and how great is His.” ACIM Ch.18.IV.6.1-2, 7-8